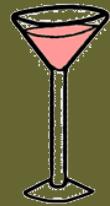
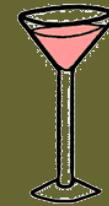


ALCOHOL





WHAT IS ALCOHOL?



- * *Alcohol is the MOST ABUSED drug by Soldiers.*
- * *Alcohol is a colorless and pungent liquid that can be found in beverages such as wine, beer, and liquor.*
- * *Alcohol is a Central Nervous System (CNS) depressant.*
- * *Alcohol is considered to be a gateway drug to other drug use*

WHAT IS ALCOHOL?

****A standard alcohol drink is considered to be:***

- ☒ One 12-ounce bottle of beer/wine cooler***
- ☐ One 5-ounce glass of wine***
- ☐ 1.5 ounces of 80-proof distilled spirits.***

****Alcohol is also known as:***

- ☐ Booze***
- ☐ Juice***
- ☐ Sauce***



WHAT IS BLOOD ALCOHOL CONTENT (BAC)?

- * ***Blood Alcohol Content (BAC)*** - *The amount of alcohol present in a 100 milliliter (mL) volume of blood.*
- * *The BAC is related to the users:*
 - *Body Weight*
 - *Metabolism*
 - *Drinking Speed* - *Someone that 'chugs' their drink will have a higher BAC than someone that 'sips' the same amount of alcohol.*

EFFECTS OF ALCOHOL AND BAC

.02 - .03 BAC - No loss of coordination, slight euphoria and loss of shyness. Depressant effects are not apparent.

.04 - .06 BAC - Feeling of well-being, relaxation, euphoria, and lower inhibitions. Minor impairment of reasoning and memory. **.05 IS THE LEGAL LIMIT IN THE U.S. ARMY.**

.07 - .09 BAC - Slight impairment of balance, speech, ~~vision~~, and reaction time. Judgment and self-control are reduced, caution and reason are impaired. **IN MOST STATES THE LEGAL LIMIT IS .08.**

.1 - .125 BAC - Significant impairment of motor coordination and loss of good judgment. Speech is slurred and balance, vision, reaction time, and hearing are impaired. **IT IS ILLEGAL IN ALL STATES TO OPERATE A**



EFFECTS OF ALCOHOL AND BAC

.13 - .15 BAC - Gross motor impairment and lack of physical control. Blurred vision and serious loss of balance. Euphoria is reduced and dysphoria (anxiety, restlessness) begins to appear.

.16 - .20 BAC - Dysphoria predominates, nausea begins to appear. The drinker appears to be a "*sloppy drunk*".

.25 BAC - Needs assistance in walking; total mental confusion. Dysphoria with nausea and some vomiting.

.30 BAC - Loss of consciousness.

.40 ≤ BAC - Coma, and possible death due to respiratory arrest.

IMMEDIATE PHYSICAL EFFECTS

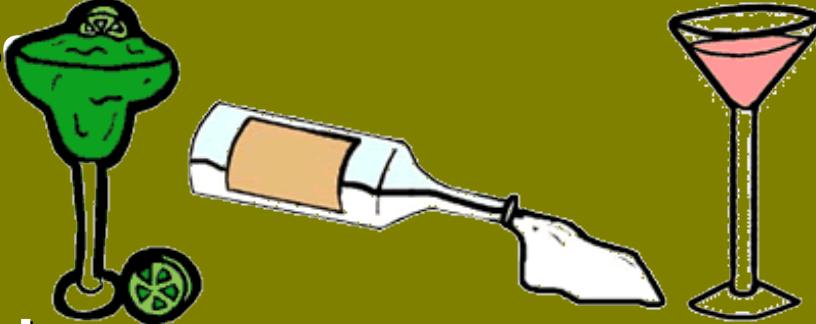
- Slurred Speech
- Slow Reactions
- Irregular Pulse
- Blurred Vision
- Loss of Inhibitions
- Dizziness



- Staggering
- Nausea/Vomiting
- Impaired Motor Skills
- Enlarged Heart
- High Blood Pressure
- Unconsciousness

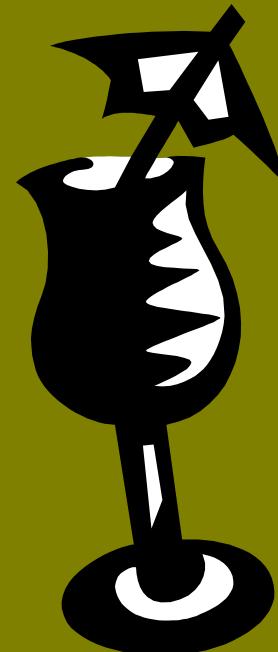
PHYSICAL SIGNS OF USE

- Dilated Pupils
- Irregular Pulse
- Enlarged Heart
- Alcohol Odor on Breath
- Nausea/Vomiting
- Slow Reactions
- High Blood Pressure
- Unconsciousness
- Dizziness
- Slurred Speech
- Blurred Vision
- Overdose/Death



LONG TERM EFFECTS

- Vitamin Deficiencies
- Skin Problems
- Loss of Muscle Tissue
- Sexual Impotence
- Stomach Damage
- Small Intestine Damage
- Loss of Feeling in Hands/Feet



- Pregnancy Complications
- Liver Cirrhosis/Cancer
- Heart Disorders
- Blood Disorders
- Lung Disease
- Brain Damage
- Death

ALCOHOL WITHDRAWAL

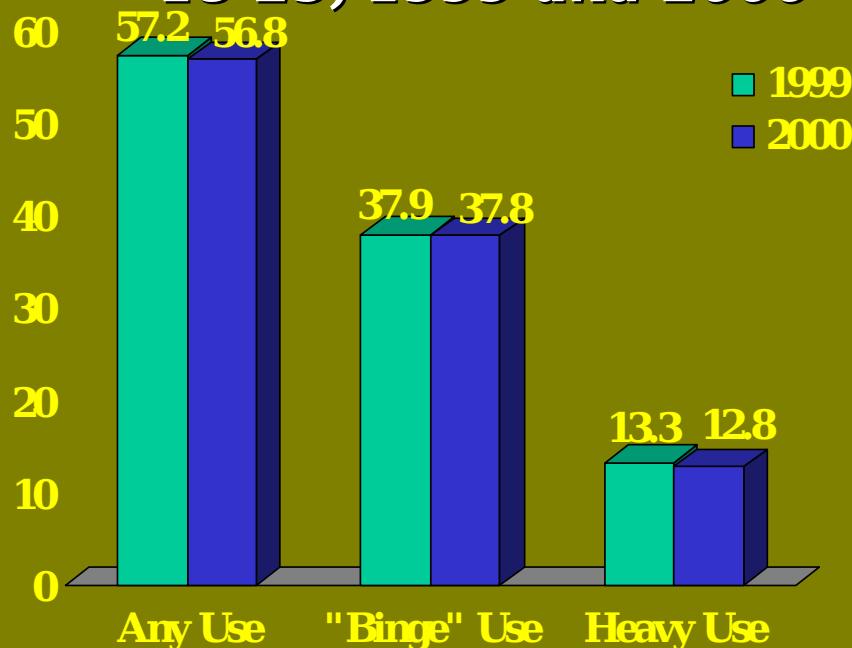
- *When a alcohol dependent person stops consuming alcohol they may experience withdrawal symptoms:*
 - *Auditory Hallucinations*
 - *Paranoid Behavior*
 - *Body Trembles, “The Shakes”, this can occur as early as 12 hours after the last drink.*
- *The alcohol dependent person may also show minor signs of withdrawal:*
 - *Agitation*
 - *Profuse Sweating*
 - *Nausea/Vomiting*
 - *Incoherent Speech*

ALCOHOL WITHDRAWAL

- *The addicted individual can also suffer extremely serious, and sometimes fatal, side effects of alcohol withdrawal:*
 - *Delirium Tremens (DTs) - A disorder involving sudden and severe mental changes (psychosis) or neurologic changes (including seizures) caused by stopping the use of alcohol.*
 - *Alcoholic Psychoses, when the addicted person is scared of imaginary small animals, and horrible sights and sounds.*

ALCOHOL USE IN THE UNITED STATES

***Percentages Reporting Past Month Alcohol Use,
Past Month "Binge" Alcohol Use, and Past
Month Heavy Alcohol Use Among Persons Aged
18-25, 1999 and 2000***



***2000 National Household Survey on
Drug Abuse***

ADDITIONAL RESOURCES

- *<http://www.erowid.org/chemicals/alcohol/alcohol.shtml>*
- *<http://www.niaaa.nih.gov/>*
- *<http://www.health.org>*
- *<http://www.sayno.com/alcohol.html>*
- *<http://www.alcoholics-anonymous.org/>*
- *<http://www.al-anon.alateen.org/>*



UNITED STATES ARMY CENTER FOR SUBSTANCE ABUSE PROGRAMS



For more Information Contact:
ACSAP

- E-mail: upl.acsap@usadaoa-emh1.army.mil
- The Army Substance Abuse Program (AR 600-85)